

Our new center on Park Street is awaiting your presence! We cannot wait to fill the space with life and spirit.

In March we will begin in-person offerings, in addition to our virtual offerings. Here is what is happening on Park Street this month:

Yoga
Laughter Yoga
Meditative Coloring
Creative Expressions
Forest Bathing (Elizabeth Park)



Here are the guidelines, we follow in our space. We hope these help you make an informed choice, if you're deciding to join us in-person.

- * We kindly ask that you RSVP for in-person events.
- * Masks must be worn at all times in our space. They may be removed when eating/ drinking, and when practicing movement based modalities, like yoga.
- * Our space is deep cleaned 2x a week, and we have air purifiers running at all times.

Here is how you can RSVP:
Email nlangless@toivocenter.org
or call/text (860) 995-9488

We look forward to joining together in community, and continuing the strength and support of our virtual spaces.

Toivo's mission is to provide the tools and support so individuals can access their innate healing capacity.



www.toivocenter.org

Tel. (860) 296-2338

info@toivocenter.org

Advocacy Unlimited, Inc.

Toivo Offerings

March 2022



A Center for Holistic Healing and Stress Management

**1477 Park Street
Suite 102
Hartford, CT 06106**

***Donations Welcome
\$5-\$15 suggestion
To Donate, text:
ToivoMeansHope to 41444***

Key: *ATS - Alternatives to Suicide | **In-person offerings are bolded.** Please visit www.toivocenter.org/calendar for more information.

March 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10-11am Yoga at Toivo 6-7pm Qigong	2 2-3pm Chair Yoga 6:30-8pm Women's Group Open Mic Night	3 10-10:30am Mindfulness Meditation 6-7pm Zumba	4	5 9:30-11am Valley Qigong and Tea
6	7 3:30-4:30pm *ATS	8 10-11am Yoga at Toivo	9 2-3pm Chair Yoga	10	11	12 9:30-11am Valley Qigong and Tea
13	14 12-1pm Yoga en Español 3:30-4:30pm *ATS 5-6pm Writing Group 6:30-7:30pm Women's Group	15 10-11am Yoga at Toivo 6-7pm Qigong	16 12:30-1:30pm Creative Expressions at Toivo 2-3pm Chair Yoga 3:30-4:30pm Laughter Yoga at Toivo 6:30-7:30pm Women's Group	17 6-7pm Zumba	18	19 9:30-11am Valley Qigong and Tea 1:30-3pm Forest Bathing at Elizabeth Park
20	21 3:30-4:30pm *ATS 6:30-7:30pm Women's Group	22 10-11am Yoga at Toivo	23 12:30-1:30pm Meditative Coloring at Toivo 2-3pm Chair Yoga 6:30-7:30pm Women's Group	24	25	26 9:30-11am Valley Qigong and Tea
27	28 12-1pm Yoga Bilingüe/ Bilingual Yoga 3:30-4:30pm *ATS 5-6pm Writing Group 6:30-7:30pm Women's Group	29 10-11am Yoga at Toivo	30 2-3pm Chair Yoga 6:30-7:30pm Women's Group	31		